



6. ITH Hennesee Triathlon

Meschede / 06.07.2013

Detailed evaluation

Bender, Jens

Total time: 3:15:32

Club: FSG Oberes Siegtal

Number: 361

Course: 55.40 km

Rank in course/Total: 59 (of 71)

Olympische Distanz (1,40-44,00-10,00)

Rank in course/Men: 53 (of 61)

Best time in course: 2:17:34

Category:

Rank in category: 9(of 9)

AK3 männlich (30-34 Jahre)

Best time in the category: 2:30:27

Intermediate times					Stage score				Total ranking					
Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Schwimmen	1.40	27:45	19:49	4	3:42	23	6:56	1.40	27:45	19:49	9			25
Schwimmen Net	1.40	27:45	19:49	9		25		1.40	27:45	19:49	9			25
Wechsel Schwim	0.05	4:26	88:40	9	2:28	58	3:01	1.45	32:11	22:11	9	0:49		25
Schwimmen Total	1.45	32:11	22:11	9	0:49	25		1.45	32:11	22:11	9	0:49		25
ZZ Rad	11.00	24:53	2:15	7	7:09	47	7:09	12.45	57:04	4:35	8	7:58		23
ZZ Rad	11.00	27:12	2:28	7	5:05	52	7:04	23.45	1:24:16	3:35	7			22 3:49
ZZ Rad	11.00	27:48	2:31	6	5:21	42	7:38	34.45	1:52:04	3:15	6	18:21	18	5:50
Rad Ende	11.00	23:08	2:06	7	4:51	49	6:43	45.45	2:15:12	2:58	9	27:41	25	7:26
Wechsel Rad-Lau	0.05	2:24	47:59	9	1:12	56	1:25	45.50	2:17:36	3:01	9	28:45	25	8:09
Rad Total	44.05	1:45:25	2:23	9	27:56	58	30:33	45.50	2:17:36	3:01	9	28:45	25	8:09
ZZ Lauf	3.33	13:56	4:11	9	4:14	48	5:07	48.83	2:31:32	3:06	9	32:59	24	10:05
ZZ Lauf	3.33	29:12	8:46	7	8:05	43	9:52	52.16	3:00:44	3:27	7	38:51	19	11:07
Lauf	3.33	14:48	4:26	7	4:21	50	5:37	55.40	3:15:32	3:31	9	45:05	53	57:58